

EDITION

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RRR Network News

FOR RURAL, REMOTE AND REGIONAL WOMEN IN WESTERN AUSTRALIA



Dancing Women



Department of Agriculture
Department of Local Government and Regional Development



RRR NETWORK

Network News is published quarterly by the RRR Network to share stories and photographs from and about women living in rural, remote and regional Western Australia.

The RRR Network was established in 1996 to bring together women in rural, remote and regional Western Australia to recognise, promote and expand the contribution they make to their communities. The Network is a joint project of the State Government's Department of Agriculture and Department of Local Government & Regional Development.

RRR Network News helps us to share our experiences, information and inspiration with each other. We'd love to hear your story too.

Contributions are welcome by e-mail (rrr@dlgrd.wa.gov.au) or by mail.

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COVER PHOTO: Dancing Women

– painting by Raelene Mirindo. Photo

courtesy of Kaz Price, Derby.

This edition is being put together, when yet again the adversity of the seasons affects a large proportion of our state, whether directly or indirectly. Living in rural, regional or remote parts of our state is a choice we make, and as author, Christina Hindaugh wrote, sometimes "for better for worse and for lunch". Many parts of our state are facing challenges associated with the lack of rain and all that it entails for families, businesses and the rural community as a whole. I recently had the opportunity to discuss these topics with the Minister for Agriculture, Mr Kim Chance during his visit to Carnarvon for a Regional Cabinet meeting in June. We discussed the role of the RRR Network and I'm pleased to say that the Minister has kindly agreed to participate in an online forum. A date for this will be set shortly.

It is so important during challenging times that people provide support for each other often in the simplest of ways. Part of the charter of the RRR Network is "to provide a mechanism for rural, remote and regional women...to link with each other to disseminate and share information..."

As a way of addressing the need for RRR women in particular to support, share and communicate, the Reference Group will be hosting an informal online chat on Sundays at 4pm.



Minister Kim Chance discussing the Network with RRR Network Chair Cathy Broad.

The aim of this chat time is to link with others across the state, and "chat" for an hour or so.

This form of "chatting" is very user friendly and safe. I am not one for chat rooms, but was interested to see how they operate – and this is certainly a very good way to go about it. The Sunday afternoon chats will not replace the specialist topics and guests we often host on a Wednesday afternoon at 1pm, but will provide another service and perhaps one which has been overlooked until now. So please, even if you only

have a few minutes, log on on a Sunday and link up with RRR women all over the state. For more details see page 11 of this edition.

This edition sees the RRR Network with a new coordinator, Christine Thompson. Christine will be based in Wagin in the Great Southern – and yet again contact details for the Network have changed. Please amend your own records of this from the column alongside.

Putting this edition together has been made so much easier with the quantity of stories, but on the flipside, more difficult with the quality of them! Thank you for your contributions and please continue to submit them. In this edition we have included some Writer's Tips to help you.

There will be another round of ministerial appointments made to the Reference Group at the end of the year. We encourage you, the readers of Network News to apply, or to encourage someone you think may be interested to apply. We are particularly keen to have some representation from the Kimberley and Goldfields areas. For further details see page 13 of this edition.

Continue to support and nurture your families and communities, particularly those of you where the seasons are not as we want them to be. May you find an escape through Network News and perhaps some new acquaintances on a Sunday chat.

Letter to the Editor

Congratulations must go to the intrepid four of Nannup! Those courageous women who have broken through the gender barrier on their local Council...well done!

Here in Margaret River, we have an 'all-male revue' at the moment and because of this, I have organised a group which we initially called Local Women for Better Government to attempt to address that issue. Recently, we have reorganised and are now calling ourselves Women in Leadership. Our express purpose is to assist local women to develop their leadership skills under a broad banner so as to exert leadership in any community setting they find themselves in, whether that be P&C, church, landcare group local government or whatever, and to stand a woman in every vacancy in the next regular local government election. It's a huge challenge! But, we are having lots of fun doing it!

Barbara Maidment EdD, Manager,
Margaret River Business Development Centre

Bayulu, a small Aboriginal community just 15 kilometres east of Fitzroy Crossing in the Kimberley, is probably not where Raelene Mirindo imagined she would eventually settle when growing up in Sydney's northern beach suburbs – but for this innovative young woman it's all part of an interesting life.

● BAYULU

Over the past few years Raelene, a self-taught artist, has been acquiring a reputation for gorgeous contemporary Aboriginal art which retails through the Fitzroy Crossing Tourist Bureau. Like the playground of some eclectic bowerbird, Raelene's art is something of a collection of bright and beautiful bits and pieces, colours and themes, all accumulated and treasured through her travels around Australia. The elements of Aboriginal and contemporary art are constantly rearranged on the canvas (and lately on china and terracotta), into an evolving style which celebrates life, colour, women, nature and community.



Raelene at work!
Photo courtesy of Margaret Carroll, author of *Ordinary People Extraordinary Lives*.

Raelene Mirindo - a Bowerbird at Bayulu

By Kaz Price, Derby

Visiting her father in Whyalla, South Australia in 1993, Raelene was introduced to Pitjantjatjara painters from the Marla and Mintabie area. Falling under the spell of the discipline and the style, she confesses that she thought she might be able to do it and discovered a talent that she has continued to build upon.

While in South Australia Raelene also fell under the spell of another major influence in her life, her husband Stanley Mirindo, a born and bred Fitzroy bloke. Great fun and sporting unruly long hair and beard for his current job, Stanley is one of our most prominent Aboriginal actors and dancers. Following his debut in "Bran Nu Dae", he has gone on to feature in Australian films such as "Dead Heart" and the television series "Kings in Grass Castles". At the moment he is working on a BBC documentary "Monsters We Met", about the disappearance of Australia's large macropods, which is scheduled for release in 2003.

In addition to her art, Raelene leads a full and hectic lifestyle at Bayulu. She works at Homemakers, a community version of Meals on Wheels, preparing meals for older community members and is also currently working on two murals to decorate the main community office. Her daughter April attends school in nearby Fitzroy Crossing, and like many regional and remote parents, Raelene is

currently faced with the great education quandary. Whether to keep kids at home, and have the worry of lack of competition and opportunities at school, or to send them away to school breaking up the family unit which is a question that perplexes many regional people.

Sitting in the dry-season shade of a small gum tree outside her home, Raelene admits that although she had a great childhood of beaches, surf and city, (punctuated with family holidays to see her mother's people near Bourke in outback NSW), she cannot imagine living back in the city. This is it, she says, you get used to the quiet of living in a small community and having the relaxed lifestyle that it allows. That Raelene's life at Bayulu gives her time to explore and develop her art is something an increasing group of admirers is more than happy about.

For inquiries about her art, please write to Raelene Mirindo, PO Box 27, Bayulu, Fitzroy Crossing, 6765



A Mother's Prayer Answered

By Tiffany Hearman



Ben (left) and Jack Hearman, Middalya Station

● MIDDALYA STATION

Hi, my name is Tiffany Hearman. Together with my husband Doug we run Middalya Station, North East of Carnarvon WA. His family has been here for 4 generations, so in the scheme of things I am a relative newcomer to the scene. I came north in 1992 as a Jillaroo on a neighbouring property and worked around the area before being kidnapped into marriage. Along with a multitude of other tasks and expectations on my non-existent list was the bearing and raising of children. This is a fairly normal expectation of marriage, so my mother led me to believe. The trouble was neither Doug nor I expected to be the proud, totally gobsmacked, parents of twin boys!

In all fairness to Jack & Ben they are not as much work as we anticipated, however, I must admit to being totally terrified of teaching them school. Would I be patient enough? What if they simply hated school? I had heard all the stories of Doug and his sisters beating the Governess over the head with a dining room chair, putting snakes in her bathroom, running away on his motorbike when the school bell rang... the list was seemingly endless. Mrs Hearman often said that she simply couldn't ask any nice girl to teach her children, they hated school, and so did she. I was determined that I would rather chain myself to the kitchen sink and stove than teach our boys when the time came.

Time flies when you're having fun and before I knew it Jack and Ben had turned 5 and were doing Pre-Primary, enrolled at Carnarvon School Of The Air (SOTA). At the first school transition that I attended one of the other mothers spoke about a subsidy that was available to help pay the wages of a governess or home help. If you think that Matt Shirvington can move fast, I was quicker! I obtained the paperwork and filled in all the questions and...Presto! Funding for one Governess.

Jack & Ben have the pleasure of having Miss Carol teach them school every day. Carol is a British Primary School Trained teacher traveling in Australia. Even though she is accustomed to mainstream teaching in classrooms of 25 children or so she is thoroughly enjoying the SOTA system and being able to manage the children's individual progress better. We count ourselves very lucky to have her. Although it is early days yet, Jack and Ben love school and hopefully this is the beginning of a long and happy schooling life.

The benefits of being able to employ a Home Tutor who is solely responsible for the children's education means that there is less opportunity for conflict all round.

There is more time for us as a family and other tasks that I may find myself doing don't have to be constantly justified against neglecting the kids' education. It also gives me a little time each day to be a person, not just Mum. A major benefit of receiving the subsidy meant that I could afford to look for someone who knew what they were doing. In our situation Carol does school in the morning and has about an hour or so of prep time in the afternoon to gather resources, read instructions and generally get the school room ready for the following day. She also helps with the dishes and quite often can be seen weeding the garden or sweeping miles of verandah.

When Carol began we discussed discipline in the schoolroom and how it would be maintained, what my expectations were and how we would work out the inevitable problems that would present themselves. So that I don't undermine Carol's authority, I don't go to the schoolroom at all during the day unless I am invited. Friday mornings is a regular visiting time and because it is part of our routine now it causes little or no disruption. Carol and I look through each set together before it goes to be marked so that I am up to date with the kids' progress.

Schoolroom problems are discussed as they arise and together with the boy's teacher we attempt to solve them.

I don't feel left out at all. I am up to date on the boys progress, their triumphs and their difficulties. Most importantly the boys have their Special Teacher. Her time and attention is not controlled by meals or smoko, mail trucks, mustering planes, bills or the b.... BAS. It allows me to be the best mother I am capable of being without torturing myself about the tasks not done, bills not paid and the meal that is uncooked.

For more information about in-home care and the Child Care Benefit contact:
Child Care Access Hotline 1800 670 305



State Recognition for Wyalkatchem's Tracey Clark

By Jan Trenorden



W

When 24 year old Tracey Clark decided to leave Perth to teach at Wyalkatchem with just 24 hours notice, she decided to become an active and contributing member of the community.

With boundless enthusiasm she has spent the past three years, while living and working in the town, trying to expand the horizons of local teenagers and younger children and guide them towards making their own fun. Her efforts were recognised in June when she was presented with a WA Citizen of the Year Award in the youth category.

"It was a bit of a shock to be nominated," she said. "I didn't really plan on winning. I was preparing myself not to win".

Tracey said the presentation dinner at Burswood International Resort was 'amazing'.

The Wyalkatchem Shire Council had submitted her for the prize in recognition of her work with youth in the town.

Tracey said her involvement in local community and sporting groups stemmed initially from wanting to become part of the community. She was also keen to provide more social opportunities for the young people in the town. Tracey praised the strong support she received from fellow staff members, parents and community members as well as assistance from students at the school.

"It's very rewarding," she said. "The parents are very good, you can always get help when you need it. It's always easier to do things when you've got positive people around."

Tracey's first class at the Wyalkatchem District High School was a split Year 6/7, and she said it was relatively easy to get this age group involved in organising socials and movie nights outside organised school activities. These events proved to be very successful and led to the formation of the Wyalkatchem Youth Advisory Council (YAC).

YAC has a group for over 18 year olds and a group for 12 to 18 year olds. In the past year the older group has organised a cocktail party and October Fest to inject some diversity into Wyalkatchem's social calendar. Members of the younger group are meeting monthly at the local skate



Tracey Clark amongst her 'netballers'.

hall where the atmosphere is very casual and they take part in a wide range of activities – including playing pool and watching movies.

Tracey said the YAC activities had made a difference to the Wyalkatchem kids' attitudes and enthusiasm and they really enjoyed doing something different that kids in Perth might take for granted.

"I came here after growing up in the city so I know what they are missing out on and can try to do something about it."

Tracey also sits on the YAC regional coordination committee, which is looking at ways of retaining youth in country towns.

"If we can get the kids involved in the community early enough, they might want to stay or come back after getting a higher education," she said.

Tracey is a big netball advocate and aside from playing, she also coaches a Years 5-7 sub juniors team and her own A Grade team, has been president of the Wyalkatchem Netball Association and this year became president of the Mortlock Netball Association. Her enthusiasm for the sport has seen three netball teams grow from none before she arrived in the town. Tracey said her next project was to secure grant funding to re-surface Wyalkatchem's Basketball Courts so the local netballers could play some home games.

Although she has had many successful achievements outside of extra-curricular activities, Ms Clark also inspires and encourages as a Year 5 teacher. Her efforts have resulted in Wyalkatchem being named a finalist in the Earth School's Program for the last two years in a row, and by introducing Recycling and Waterwise practices into the school environment, plus her input on the local Tidy Towns Committee meetings, helped contribute to Wyalkatchem being named the Tidiest Town in WA for 2000.

Tracey has provided a dynamic youth perspective to the Wyalkatchem community, and within the school she fosters a respect for school, home and the environment.

The people of Wyalkatchem thank Tracey for her valuable contribution to our community.

Josephine Farrer

By Estelle Blackburn

● HALLS CREEK

Josephine discussing some regional issues with Minister Tom Stephens.



Josephine Farrer is the President of the Halls Creek Shire Council – the first and only indigenous woman to hold such office.

Josephine is responsible for an area two-thirds the size of Victoria and a population of 3,800. She now presides over the authority that in the '60s segregated her and her people from Halls Creek, restricting them to camps on the outskirts and limiting their access to the town. It was her indignation at the difference between indigenous people and what she describes as the white intruders that drove her to make Australian history by becoming Shire President.

Josephine was born under a tree somewhere between Moola Bulla station and old Halls Creek and spent her childhood in the bush on the station, living off the land in traditional style. She was named Jarlbinymiya and spoke the Gidja language. She first went to Halls Creek at the age of 19, when Moola Bulla's indigenous people were rounded up and sent off the station to live in camps on the outskirts of town. The Shire was then dominated by pastoralists and Josephine started to ask questions - just as she had asked her mother on Moola Bulla about the difference between her family and the people in the homestead.

Living traditionally off the land, it was a long time before she was aware of the homestead and its lifestyle. The first

building she saw was at five years of age, when the mob of station kids were gathered up, taken to the shelter called the station school, and taught to sing God Save the Queen for the coronation in 1952. After that she stayed near the shelter and attended school which consisted of one class taught by an English couple. Being close enough to the homestead then, she was given some domestic work.

She had to get up at 4am to milk the goats, take the milk to the homestead for breakfast and clear up afterwards. That was a requirement of indigenous children living on their land which had been taken over by the pastoralists. Moola Bulla station was sold three years later and the kids were herded on to the back of a truck and taken miles away to Fitzroy Crossing. They were put in United Aborigines Mission dormitories in a fenced area and in a classroom with one teacher.

Josephine can't remember when she left school – because she missed so much of it. Homesick for their parents, the children used to run away all the time, making their way home to the station. But she found school fun – and had she known what 'gifted', or 'bright student' meant,

she acknowledges that she would have fitted that description. She married young in traditional style and had nine children of her own, being 'Mum' to many more, in the indigenous cultural tradition. After the family had lived in the Halls Creek camps for some years, they were finally offered a house. Not accustomed to living under a roof, Josephine declined twice. When she did accept, she found that getting used to walls around her was one of her biggest challenges.

Settling down to town life, Josephine needed to work to support the children, and she took a job doing domestic duties. Then her curiosity about the difference between 'them and us' started to turn to anger. She was advised to fight with words, where they could be heard, and she took that advice, leading to her life in politics and local government.

Josephine stood for the Shire Council 14 years ago and won a seat - and a platform to voice and act on her concerns for her people, their culture and traditions.

She has made the most of the opportunity. She was the driving force behind the community radio station, which broadcasts non-stop, linking into Broome, and encourages the indigenous community to take an interest in their culture and affairs. In what is described as the most amazing feat, she succeeded in creating a Kimberley Language Resource Centre at Halls Creek to collect, preserve and teach the languages and history which had been passed down orally. She is also passionate about recovering the artefacts and traditional items taken from her people's land for museums around Australia, action that she believes broke up the traditional owners' culture. These include the ceremonial costumes of her grandfather, Tommy Windjana, who was a big law-man. Her efforts to retrieve these include preserving the traditional art on Moola Bulla, rock paintings she is concerned will be lost as the rock crumbles.

While Josephine is passionate about her people's culture and education, she is actively involved in many other organisations and issues too. She is the chairperson of the Kimberley Regional Road Group and the Deputy Chair of the Kimberley Development Commission.

Her voice carries far beyond Halls Creek and the Kimberley. She was recently a WA representative at the Bi-centennial Celebrations in Melbourne, and one of three Western Australians selected to represent the State at a number of meetings of the Rural Regional Women's Advisory Committee organised by deputy Prime Minister John Anderson.



RIRDC Rural Women's Award 2003

If you believe in the future of rural Australia and want the opportunity to make a difference, then the RIRDC Rural Women's Award 2003, launched today, is for you.

The Award supports women with a strong and positive vision for the future of rural Australia and who want the opportunity and resources to make a difference.

The Award is open to all women involved in agriculture, including forestry and fisheries, natural resource management and related service industries.

The Award, now in its fourth year, will provide a Bursary of \$15,000 for each of the seven State and Territory winners and a Development Award of \$5,000 for one runner up in each State.

A new addition to the Award is the opportunity for all State and Territory winners to attend the prestigious Australian Institute of Company Directors Course. The Course will replace the National Leadership Seminar as held in previous years.

The Award is an initiative of the Rural Industries Research and Development Corporation in partnership with the Primary Industries Standing Committee's Rural Women's Working Group.

The three major sponsors to the RIRDC Rural Women's Award 2003 are the Australian Women's Weekly, Rural Press and ABC Radio.

Applications are being received for a period of eleven weeks and close on World Rural Women's Day, 15 October 2002. Application forms are available from the Department of Agriculture WA, ABC Regional Radio Stations or can be downloaded from www.ruralwomensaward.gov.au

More information:

Christine Thompson RRR Network Coordinator
Phone: 08 9861 2022
Email: cthompson@agric.wa.gov.au



Globalisation – what does it mean to rural WA?

By Alison Cooke



Lisa Wilson(left), Cathy McGowan and Sophia Murphy enjoy a conversation at the workshop.

Delegates to a recent Trade & Globalisation workshop in Perth heard that trade is neither good nor bad, but a tool that allows us to manage our economies, writes Alison Cooke. Given that Western Australia produces an average 7 million tonnes of grain annually and more than 90% of production is exported, it is hard to ignore globalisation as a concept. Alongside the multinationals – Glencore, Cargill and ConAgra - the AWB is minor in a global grain sense.

And given our remoteness and scale of production, the temptation is to hide behind the trade related jargon – WTO, multilateral and bilateral trade agreements, GATT, IMF, the Uruguay Round, the Agreement on Agriculture, the Cairns Group and the Blue Box...the list is endless and daunting! But Cathy McGowan, past president of Australian Women in Agriculture(AWIA) who sits on the World Trade Advisory Committee insists that WTO meetings are not unlike CWA fundraising meetings! She was addressing delegates to the recent AWIA Trade and Globalisation workshop in Perth. Likening the WTO advisory meeting to horse trading she suggested that the biggest barrier to world peace and hunger was trade.

"It is not what you do, but how you do it," she pointed out, adding that "there will always be winners and losers, but we need to consider those who are going to lose out."

International guest speaker, Sophia Murphy, director with the Institute for Agriculture and Trade Policy, Minneapolis, USA, explained the flaws within the WTO's Agreement on Agriculture. She argued that agricultural trade does not lend itself to that of other commodities and that government intervention is necessary to ensure long term food supply and security. Ms Murphy suggested tariffs were a means of reducing the concentration of power by transnational agribusiness traders and called for the enforcement of anti-trust legislation. "Current US and European Union agricultural policy has created a system where there are no limits to the level of production, and agriculture in the US is a net drain on the economy. Farmers are seen as fat, bloated welfare receivers; their subsidy cheques documented on websites," she said. "Yet it is not the farmers who are lobbying for support but big business. This has implications for arguing for a bilateral trade agreement with the US." Ms Murphy also insisted that food aid when used as a commercial tool must stop. Governments have from now until March 31, 2003 to draft revisions to the Agreement on Agriculture, which covers global agricultural trade.

In her presentation on World Trade, the Grains Industry and Australian Growers, Lisa Wilson said that the main problem for the AWB in trading grains on the world market is the United States and the European Union. They are major competitors in an export industry with few big players and stronger disciplines need to be placed on the actions of these governments.

The afternoon workshops were preceded by presentations from John Foss, Nuffield Scholar and Mary Nenne, RIRDC Rural Woman of the Year 2000, who demonstrated strategies for farmers to respond proactively and make the most of trade as a tool. The workshops then focused on three topics of interest to the participants – WTO and policy; how farmers can respond; and the pros and cons of being clean and green.

The information and stimulating discussion provided us with some exciting and challenging ideas. AWIA members will be organising regional workshops in the Morawa, Victoria Plains, Koorda and Dumbleyung areas over the next six months to stimulate further discussion on the topic of trade and globalisation. For information on regional workshops contact Christine Thompson, RRR Coordinator.

A CD of the workshop proceedings will be available for purchase in early September.

Further information

On trade issues available from Trade Watch www.dfat.gov.au, fact sheets Department of Foreign Affairs and Trade; Sophia Murphy's document is available at www.tradeobservatory.org.

STRESS RELIEF

Many people are experiencing high levels of stress at present due to the uncertainty created by dry seasonal conditions. Financial and personal problems go hand in hand with running a business and maintaining rural communities in difficult times, and increase stress.

To relieve stress:

- Take time to be with family and close friends
- Share your concerns with someone else: your partner or friend/ neighbour
- Listen to others without giving advice: generally we can't fix someone else's problems. It is often enough to listen.
- Tell your children your concerns: children know when parents are stressed. Some are inclined to blame themselves for parents problems. Let them know what is happening.
- Encourage your children to talk to you. Listen to them and acknowledge their thoughts and feelings.
- Accept the support and concern of people who care about you.
- Ask for help – this is a sign of strength, not weakness.
- Rest when necessary.
- Take regular exercise and maintain a healthy diet.
- Remember – laughter is good medicine.
- Seek professional help if you are not sleeping at night, your eating habits have changed, you are not enjoying normal activities and you are feeling a high level of distress.

It is easy to 'drop out' of community activities when feeling stressed, or experiencing a sense of failure.

Do maintain community activities in times of stress.

Sometimes the stress becomes unbearable. If this does happen, don't hesitate to seek professional assistance for yourself, or a member of your family. Contact your family doctor, a health professional or a counselling support service.

Seasonal Conditions Information & Assistance

In bad seasons farm families can be overwhelmed with concerns over poor weather conditions which put additional pressure on finances and future incomes. This also affects rural communities and small businesses. Situations that require adjustment are stressful and sometimes the stress becomes unbearable. If this does happen, don't hesitate to seek information and professional assistance for yourself, or a member of your family. For assistance and advice, contact the following telephone numbers in your area:

Health, Counselling & Personal Support:

Northern Areas:

Central West Mental Health - Geraldton - 9956 1999

Northern Districts Community Support Group - Morawa - 9971 1030

Central & Central East Areas:

Wheatbelt Agcare - Nungarin - 9046 5091

Wheatbelt Support Service - Northam - 9622 5539

Coastal and Wheatbelt Mental Health - Northam - 9621 0999

Central Agcare - Kondinin - 9889 1244 or Bruce Rock - 9061 1840

Southern & South East Areas:

Southern Agcare -

Broomehill - 9824 1036 or

Mt Barker - 9854 3045

Rural Community Support Service - Narrogin - 9881 4853

Great Southern Mental Health - Narrogin - 9881 4888

Esperance and Districts Agcare - Esperance - 9071 3118

Esperance Mental Health - Esperance - 9071 7677

HealthDirect - 1800 022 222

24 hour health advice

Kids Help Line - 1800 551 800

Agronomic and Livestock Issues:

Cropline - 1800 068 107 or

Fax - 1902 290 535 or

Email - cropline@agric.wa.gov.au

Financial Support:

Centrelink Rural Support Teams

Northern Areas:

Debbie Piggott -

Geraldton - 9921 9919

Central Areas:

Nathan Riches -

Midland - 9464 1500

Melanie Tasker -

Midland - 9464 1576

Southern/South East Areas:

Samara Maddison - Albany &

Esperance - 9841 9124

Centrelink Rural Call Centre

1800 050 585

Financial Counselling

Northern Areas:

Northern Districts Community Support Group -

Morawa - 9971 1294

Central Areas:

Central Wheatbelt Community Support Group -

Moorabool - 1800 656 659

Central Agcare -

Corrigin - 9063 2037

Southern/South East Areas:

Wheatbelt Agcare -

Nungarin - 9046 5137

Ravensthorpe and Districts Agcare -

Ravensthorpe - 9838 1234

Southern Agcare -

Gnowangerup - 9827 1559 or

Albany - 9842 2956

Esperance and Districts Agcare -

Esperance - 9083 1154

Models parading textile students designs

● MANDURAH



Celebrating International Women's Day in Mandurah

By Coral Richards

A small group of women gathered together in June 2001, with a hope to establish an extensive celebration for International Women's Day in Mandurah writes Coral Richards, a Councillor with City of Mandurah.

Our group began to meet monthly and had a cross section of the community represented: including Councillors, Chamber of Commerce, Government, and Non Government organisations, and community representatives. We had enough support from the community to convince the City of Mandurah that we could succeed with a small amount of help. A coordinator was appointed and we began working towards March 8th 2002.

The group had an acute desire to engage young women so that this group would know why this celebration has such significance around the world. Teenagers today take "sports bras and G-strings" for granted and maybe a look at the history of underwear with a modern swing. The textile students at Mandurah Senior College took up the challenge. We offered a few hundred dollars for the purchase of fabrics and the students began. They studied the social, health and economic effects of forcing women to wear the restrictive clothing of the past.

Meanwhile our committee continued designing a program of events, and it became a four day event.

Day 1: The Opening Ceremony began with a light hearted history lesson in underwear. We learned of the practical application of supportive clothing that soon gave way to a ferocious piece of underwear, which distorted the spine and compressed the waist and abdomen - the "S-bend" corsets. One of the highlights was a fashion parade of student's designs.

Day 2: We discovered how to enjoy life more and find balance and well being with healthy choices. In the evening we launched the Peel Women's Network, which is a way of maintaining the vitality that women had found during the celebrations as a group that could continue to meet throughout the year. If only we could have bottled the

atmosphere that evening and then released it every now and again.

Day 3: Events focused on Staying Healthy where there was a morning of physical fun and a free creche facilities which enabled with women with young children to participate. On the same morning Kay Ward made a presentation on the Passage Around Menopause, where mature women discovered some of the reasons and benefits of menopause. In the evening Jan Forsythe from Mandurah's Business Enterprise Centre presented Being A Female Entrepreneur, for business women and would be business women. It was also aimed at those people who wanted to know more about growing their business. Basically it was women's business!

Day 4: Zonta International, Mandurah has held a very successful breakfast for International Women's Day for many years. The 2002 breakfast attracted over 120 people included groups of women from the arts, local government, health professionals, mums from playgroups and business women. The speaker for this event was Kay Hallahan who told her stories from a recent trip to Bangladesh with the Save the Children organisation.

The final event for the week was a Women's Blessing at sunset on the beach at Halls Head. We needed this quiet time to reflect on what we had achieved over the four days. We had engaged around 500 women in 8 different events all for the hefty sum of \$2,000. Women really can budget when they put their mind to it!

Since then we have enjoyed lunch with Ricky Burgess, CEO of the WA Local Government Association, who spoke on her Leadership style. We are currently organising our first speaker for the Peel Women's Network enrichment program.

Dreams can become a reality if you have the courage to honestly share your dream with another.



Delegates at the ACWW 12th South Pacific Area Conference in New Zealand.



Planting a Seed of Hope

The Associated Country Women of the World (ACWW) held its 12th South Pacific Area Conference recently in New Zealand. The Country Women's Association of Western Australia (CWA of WA) sent 18 members to New Zealand for the tri-annual event, the theme was 'Planting A Seed of Hope'.

"The conference is the forum for Associations from around the South Pacific region to come together, share and plan for the future," said Sue Dunne, State President CWA of WA. The conference allows the Associations to share concerns regarding environmental, health and education issues. Recommendations and resolutions are identified for groups to approach local Governments and communities to address key issues.

The CWA were active in addressing the foot-in-mouth disease issue with the West Australian Government to ensure strict adherence to quarantine policies. As well as tackling key political issues, there is a strong focus on social issues such as empowering women in lesser-developed countries.

Australian and New Zealand Associations provide support to the small Pacific Island groups through ideas, fundraising to ensure their presence at the Conference and materials. "We provide the Pacific Island groups with materials for handicrafts which they can then sell for profit, helping women gain independence through financial freedom," she said. The ACWW members including its affiliate CWA of WA have a powerful clout in their communities and with those responsible for making decisions on key issues. The ACWW has consultative power with the United Nations and is currently applying to UNESCO for funds for the 'Water For All' project.

"The 2002 Conference was successful in providing the platform to help us focus on the issues relevant to our communities, offer support to our Pacific Island neighbours and plant the seed of hope," said Mrs Dunne.

RRR Website

www.rrr.online.wa.gov.au

RRR Sunday Afternoon Online Chats

During September to November 2002, the RRR Network Reference Group members will be hosting informal online chats on Sunday afternoons between 4pm and 5pm. The aim of the open chat is to provide support and share issues impacting on RRR members during these challenging times and to provide a link with others across the state.

To access the chat group simply log on to www.rrr.online.wa.gov.au and choose either the plain text (for those of us with slow bps!!) or full version. Then follow the link to homefront chat.

RRR Women's Online Forum

Guest Speakers:

• **Hon. Sheila McHale**
Minister for Community Development;
Women's Interest, Seniors and Youth;
Disability Services; Culture and the Arts.

• **Cynthia Davenport**
Chair of the Active Ageing Taskforce

The Minister for Community Development, the Hon. Sheila McHale has established the Active Ageing Taskforce to report to her by February next year on a policy framework for active ageing for the next 10 to 15 years. The Taskforce Chair, Cheryl Davenport is very keen to hear from RRR women on issues and positive ideas to promote Active Ageing among people in rural, regional and remote Western Australia.

This includes issues such as: the needs of carers, workforce participation and elder abuse, with a particular emphasis on well ageing.

The Taskforce is focussing on well aged services in the community. Come and join us online and have your say on active ageing and other issues important to women and their families in rural, regional and remote WA.

Date:
Tuesday, 15 October 2002
12.30pm – 1.30pm
Meeting Place:
RRR Women's Online Network
Homefront Chat Room
www.rrr.online.wa.gov.au

To find out about more about upcoming forums, subscribe to the RRR email group or visit the Website www.rrr.online.wa.gov.au. We welcome your feedback on subjects and guests that you would like to meet on line. Send your suggests to rrr@dlgrd.wa.gov.au.

To take part in RRR Online Chats, log on to the RRR website and enter the Homefront Chat Room.



The Western Australian delegation at the Convention.

Left to right – Denese Griffen, Clare Thompson, Isabelle Adams, Elizabeth Hoek, Dianne Enright, Hon. Robyn McSweeney MLC, Sarina Jan. Absent: Susan Rennie and Dr Patricia Giles.

Trust the Women – The Women's Constitutional Convention 2002

By Dianne Enright

– RRR Network Reference Group Member

Fellow RRR Network Reference Group Member Elizabeth Hoek and I recently attended 'The Women's Constitutional Convention 2002 - Trust the Women', which was held in Canberra from 11-13 June. We were delighted to be two of nine women to attend from Western Australia and two of the twenty-one women from across Australia, to be sponsored by The National Museum of Australia.

This national conference was held to celebrate 100 years of most Australian women, and 40 years of Indigenous women having the right to vote in Federal elections. Patrons of the conference were Senator Kate Lundy (ALP, ACT) and Senator Margaret Reid (Liberal, ACT). The convention promoted women's continuing and active involvement in political reform and constitutional change through a combination of plenary and workshop sessions, and social events.

The program over the three days was categorised into 'Where We've Come From', 'Where We Are Now', and 'Where To From Here', and 'What We Want'.

Speakers presented papers from the academic and professional fields, from peak bodies in our community and from the political area. A few worthy of special mention to RRR readers are:

Margaret Alston (Centre for Rural Social Research)
-Rural Women and Representation;
Clare Thompson (President, WA Law Society)
-Women in the WA Law Society;
Sarina Jan (Indigenous Business Institute of WA)
-Being an Indigenous Women Today; and
Cathy McGowan (Australian Women in Agriculture)
-Some of our Best Men are Women.

The first evening we also attended a welcoming reception at Canberra's new National Museum, which also incorporated an award presentation to Judy Horacek for her cartoon exhibition titled 'I Am Woman Hear Me Draw'. The formal conference dinner, held in Old Parliament House, celebrated the centenary of the 12 June 1902 legislation (to the day). The following evening a debate on the topic "Women Should Never Have Got The Vote" provided an entertaining lively discussion.

Elizabeth and I agreed that our week in Canberra had been an intellectually challenging one, as well as one of friendship and fun. We feel very fortunate to have had the opportunity to attend this historic event.

We encourage all WA women to access the website to read and become better informed about the resolutions, themes and actions that a cross section of Australian Women produced from The Constitutional Convention 2002 - Trust the Women! All papers presented at the conference are posted in full on the constitutional convention's website at www.wcc2002.asn.au.

RRR Network Reference Group Member Elizabeth Hoek compiled some reflections from the other WA delegates at the Convention.

Sarina Jan

"I am a Nyul Nyul woman of the Bardi people from the Kimberley region of Western Australia (Family Name: HUNTER) and I am strong in my Aboriginality, identity and culture. I am also of Chinese descent and am proud of my Asian ancestry.

I presented a Paper at the Convention titled "I am an Australian woman, who is Indigenous, so please, do not categorise me as just being an Indigenous woman".

My hope is that in sharing my story both Australian and Indigenous women will be united together as equal, will be empowered to share new knowledge, resources and stories between each other and will take on the challenge to make a collective difference to this great nation called Australia."

Clare Thompson - President Law Society of WA

"I thought the most interesting thing at the convention, was the pooling of ideas and experiences across Australia. There was the opportunity to meet with and talk to people who were facing similar issues but in totally different working areas. I also really enjoyed Senator Amanda Vanstone's theory of the lowest common denominator. This was really well illustrated at the conference - many of the women there were leaders in their fields and very inspirational people - combining work, family and community responsibilities at a frenetic pace."

Patricia Giles

"At this point in the history of Australian women's political involvement, we can look to talented professional women from academe and the law; a growing body of women who are, or have been members of parliaments; activists in political parties and professional organisations, and specialists in international governmental and non governmental activities.

There is also now a wealth of political awareness and expertise among indigenous women, and it was a privilege to work with those, from remote communities in some cases, who represented their sisters at this joyful meeting in Canberra."

Denese Griffin

"I am the Network Coordinator of the National Network of Indigenous Women's Legal Services. As an Aboriginal woman I could see that there is a long way to go for women and more particularly for an Aboriginal woman. But I was encouraged by the respect and recognition received at the convention."

Elizabeth Hoek

"Senator Amanda Vanstone gave the women some practical tips on how to achieve some input into a male dominated project without threatening their status. Her suggestion was to say, - "that's a very interesting proposition. I know some people who agree with you. But before you make your decision consider these facts."

The overall outcome was that all Australian women both Indigenous and Non-indigenous are striving to be recognised for who they are, without gender bias."



RRR NETWORK

Rural Remote and Regional
Women's Network (RRR Network)
of Western Australia

CALL FOR NOMINATIONS FOR RRR REFERENCE GROUP MEMBERS

RRR Network is seeking nominations for new women members who have interests and excellent contacts in the areas of health, education, small business, agribusiness, local government, aboriginal affairs and multicultural affairs.

Reference Group members take on the responsibility of promoting the RRR Network at rural and regional events throughout Western Australia.

Members of the Reference Group will be appointed by two Ministers: The Hon. Kim Chance MLC, Minister for Agriculture, Fisheries and Forestry; the Midwest, Wheatbelt and Great Southern; and The Hon. Tom Stephens MLC, Minister for Housing, Works and Services; Local Government and Regional Development; the Kimberley, Pilbara and Gascoyne.

The Reference Group meets a minimum of twice a year in Perth to review activities of the RRR Network and to develop strategies to achieve the RRR Network's charter and goals. Teleconferences will be conducted throughout the term.

The group comprises women from diverse backgrounds, skills and geographical areas and industry sectors. The diversity is vital to ensure RRR Network is in touch with the developments across the regional communities.

Nomination forms can be obtained from Christine Thompson Coordinator RRR Network, phone 9861 2002 or e-mail rrr@dlgrd.wa.gov.au

For more information, please contact Ms Cathy Broad, Chair, RRR Reference Group on (08) 9941 2773 or e-mail ecbroad@bigpond.com

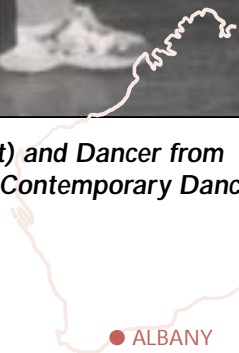
Nominations close 15 October 2002.

A Passion for Dance

By Julie Hill



Anyes(left) and Dancer from Barefeet Contemporary Dance.



Anyes Icher-Taylor was born in Paris and spent her childhood entwined with the world of ballet writes Julie Hill.

These very early dance steps formed the groundwork that later in her life led her to the thriving dance studios in the heartbeat of New York. When Anyes immigrated to Australia in 1994, she brought to the seaside community of Albany in Western Australia's Great Southern, a lifetime of knowledge in modern dance. After leaving the American urban life behind Anyes and her husband decided that Albany was the perfect home to raise their family. Three years after her arrival Anyes began her first dance classes in Albany, which set in motion the foundation of a dance company named Barefeet Contemporary Dance.

Starting a dance company in a country community is not easy. It takes hard work, determination and an undeniable love for dance. Watching Anyes in action in either studio or performance, the passion that drives her to dance is clearly seen. "I really love the expression of dance. It comes from within as a soul expression," Anyes says. "I also love to be on the go. I jump from one thing to the other and dance is like that. It is very active." Anyes has taught ballet, contemporary and jazz dance to her dance company and local high school students, and has performed with her dancers at numerous festivals, parades and events over the last 5 years. She also teaches Yoga and Pilates, and travels to Denmark and Mt Barker to teach on a weekly basis. "When I first began the dance company I thought I would be working with the same people for a long time. Instead I have had a constant flow of people coming and going. I guess that's what it is like working in the country," Anyes explains. "I can have a company that is as wide as 12 to 15 dancers and then within three to six months it can reduce down to just 2 or 3. It is constantly changing."

Starting a dance company in a country community is not easy. It takes hard work, determination and an undeniable love for dance.

Every year Anyes participates in the celebration of International Dance week. Dance week includes the running of workshops and performances in many different dance genres by dance artists throughout the world. "On Dance week, in our first year, Barefeet performed in a park in the main street of Albany. It was free and we funded the entire thing ourselves. Only a few people were watching and they were mostly our friends," Anyes recalled. "In the second year, I organized a performance with my students from a local high school along with my adult dancers. It was still self-funded but a much bigger show. Last year we did a performance in conjunction with a Perth based dancer and a local theatre arts company, and we actually made a small profit. This year we received a \$4,000 grant and held a performance in March at the Albany Town Hall, with 11 different dance groups from around the area, ranging from contemporary and jazz to aerial dancing, bellydance, tap dogs and Irish dance. We also held workshops for adults and teenagers with two visiting dance artists from Perth. I can see that ever year it just gets better and better."

Anyes also holds a recital for all her classes, ranging from small children to adults at the end of every year, and encourages other dance groups to perform along with them. "We have had dancers from Ravensthorpe, Mt Barker and Denmark travel to our Albany venues," Anyes says. "If they are looking for a venue to perform I like to be able to include them. It is just great to see the self-confidence that people gain from expressing themselves on stage."

In January 2003 Anyes is planning to open the doors of her own studio. As dance is an art form that is a challenge to build into a small business, the opening of this studio will be a great achievement for Anyes and for the future of dance in the Great Southern. "I am hoping to create an educational establishment for professional dance that will also be a space for many dancers and movement instructors, such as Martial Arts. I want to bring people together and show the community that there is a lot of dancing out there." Along with other local teachers and performers Anyes has started a dance corporation in Albany called The Great Southern Dance and Movement Association, which encourages performance artists to visit Albany and share their skills with the community.

If anyone is interested in contacting Anyes about any of the upcoming events in the Albany area, or to find out about her classes, she can be contacted on 08 9842 5059.

Friends of Mangowine

By Maxine Cornish

● NUNGARIN



Concert logo painted by local artist, Anne Sutherland.

The Friends of Mangowine is a voluntary group (mainly, but not exclusively women) with an aim to promote the National Trust homestead at Mangowine in the Shire of Nungarin in the Central Wheatbelt. Mangowine Homestead is one of the more remote National Trust properties, and being 'out of the way' is not able to attract the numbers of visitors and funding which are necessary to maintain the building.

Several years ago, the Mangowine Twilight Concert was instituted to promote the property and provide top class musical entertainment to country people. The concert has now become one of the largest annual events in the central wheatbelt. Last year 'Mangowine Moonlight' featured James Morrison and Jane Rutter and attracted almost two thousand people. Not bad for one of the smallest shires in Western Australia!

We believe that the annual Mangowine Concert has achieved far more than we initially had hoped for. The Homestead and the region have been promoted, and local businesses have benefited from the increased patronage. Visitors travel from the metropolitan area, as well as from as far away as Albany, Kalgoorlie and Geraldton, and are amazed at what the people and this district have to offer.

As part of the hospitality package that we offer our major sponsors each year, we present individual trugs that are loaded with locally made articles and goods that promote our central wheatbelt region, eg lavender products, hand-made paper, olive oil, stone-ground flour, jewellery and other handcraft.

This year the Mangowine Concert has also been accepted as an official 2002 Year of the Outback event, and will feature Graeme Connors and Mary Schneider. The concert will be held on Saturday 28th September 2002, and once again promises to be a unique and entertaining program. Tickets are available at \$40 per adult, \$20 for pensioners, and children under 15 free. The aim is to provide top-class entertainment at a price affordable for families, without the expense of travel and accommodation in the city.

There is no-one on the Friends of Mangowine committee who has had previous experience in theatre or production, but we have received accolades from our artists and sponsors for our organisation and professionalism. The Friends of Mangowine Committee has proved that while we might be 'Rural, Remote & Regional', we are also 'Relevant, Resolute & Resourceful'.

Further information can be obtained from Maxine Cornish on 9046 5116 or Dave Watkins on 9046 5156. For concert bookings please contact Joy Cornish on 9046 505

YEAR OF THE OUTBACK



2002 Year of the Outback

Year of the Outback Events

Check the calendar of events for WA from September to December 2002.

For more details and contacts, go to the website for update news on events at <http://www.outbackwa.info>

Narembeen's Springorama

Welcome to Narembeen's Springorama Celebration!

A group of volunteers from the wheatbelt community of Narembeen have banded together to organise the Narembeen Springorama festival to show that communities in the Outback have something worth celebrating. The Year of The Outback 2002 provides the perfect opportunity for festival organisers to showcase the regions art, gardens and country lifestyle. Springorama is all about getting out there, and seeing what the bush has to offer. That's why, the Springorama Festival has a self-drive trail for visitors to explore our very unique part of WA.

The trail takes visitors approximately 6 hours to complete, allowing a half hour stop at each venue. With so much to see, the event is split over two days for visitors to appreciate the diversity of the festival activities. These include Gardens & Grub, Art 'n Bush, Rabbit Proof Fence, History and Craft, Open Gardens, Sheep, Shears to Jumpers, Twilight Performance.

Narembeen Springorama is held on Sunday the 29th September and Monday the 30th September on the long weekend. For more information about Narembeen Springorama call 9064 7055 or email narem@narembeen.com.

● NAREMBEEN

Escape from the City Contest Winner

Ann wins book draw

Congratulations to Ann Joynes of Wongan Hills, who won a copy of the book "Escape From The City" kindly donated by author Beverley Collett. Ann's entry was drawn from the hundreds of entries for the RRR Network News contest. Thank you to everyone who entered the contest.

Ann was delighted with the news and said "Wow thank you very much, I do look forward to a good read."

Mad as a hatter

By Chris Harnby



Someone once said to me, "Life's a bitch, and if anything good happens it's a bonus". I thought she was just going through a bad patch, but little did I realise the truth in those words – 'many a true word said in jest'!

There are many words for 'mad' when you think about it – as a hatter, fruit and nut case, potty, bonkers, having a screw loose, loopy, off his rocker, - the list goes on, makes me wonder where they came from. It is not until someone tells you in clinical terms that the horror of the words 'bipolar disorder' really hits. It is not until you actually have to cope with someone close to you who's 'gone troppo', that reality bites – and hard!

One close to me has experienced three psychotic episodes resulting in three involuntary visits to Graylands, not to mention the horrific nightmare he himself experienced. The feeling of utter despondency for months on end, and the complete hopelessness of the situation – not knowing if he'd ever return to normality. Drugs were prescribed, and even with wonderful support from doctors, mental health teams and family, one felt a real loneliness.

At one point he thought he would give up altogether, sadly some do. Trying to keep a job and family functional was almost impossible, but like John Nash's wife in the film "A Beautiful Mind", family and friends never gave up and there is light at the end of a very dark tunnel.

The point to all this is, if you feel isolated and find yourself on the edge of the world living with someone who wants to get off, there is a way home and the end may justify the means. Souls often grow from hugely traumatic experiences, becoming more compassionate human beings. No one actually seems to meet anyone else in the same situation. The stigma has almost gone and employers are more educated and sympathetic. Holistic doctors are available and a hair follicle test is recommended for accurate diagnosis of any imbalance. I have been recommended reading material written by Dr Chris Reading who has written 'Your Family Tree Connection' – publisher Gemcraft Books, and there is a second book on the way.

One in four people has a mental disorder, it's actually quite normal! The drugs do work given time and the natural remedies especially fish oil, vitamin B and C, and amino acids are a great help and may eventually aid recovery – and God too if you ask.

Breast Cancer Consumer Forum - 'The Facts and The Future'

On Thursday 26 September, the National Breast Cancer Centre together with the Cancer Foundation of WA and the Action on Breast Cancer Group will host a breast cancer consumer forum on 'The Facts and The Future' via Westlink satellite broadcast. The broadcast will be held between 6.30pm and 8.00pm.

All women across the State are invited to participate in this public forum to hear the latest on breast cancer information, services and research from local and national experts. Any interested men are also very welcome.

To coincide with 2002 as 'Year of the Outback' a WestLink satellite broadcast was chosen as a means of reaching women in rural and remote areas of W.A.

A phone-in question session will provide an opportunity for interaction with the experts. Viewers can phone the studio hotline during the broadcast or register a question prior to the event by contacting the Cancer Foundation (see below).

Women are being encouraged to get together a local group to hear all the current information about breast cancer. So how can you get involved...

Make a booking or go along to your local Westlink satellite reception site. You'll find a list of reception sites (with contact details for bookings) listed on the Internet at: <http://www.cams.wa.gov.au/web/cams.nsf/web/westlink>

Alternatively, phone the Cancer Helpline on 13 11 20 for the site nearest you.

Registering your question...

Questions can be faxed through prior to the broadcast - if you wish to register a question please contact Sarina Radici on (08) 9212 4333.

More information...

Contact Sarina Radici on (08) 9212 4333 or email: sradici@cancerwa.asn.au.

Call the Cancer Helpline on 13 11 20



Writer's Tips

The Network News magazine aims to encourage women to share their thoughts, perceptions and information. Articles about and by women are given first priority, as well as articles that add dignity and appreciation to women's unique approaches to problem solving.



- Where did you first hear about your topic?
- What motivated you to take the actions you took?
- How did you feel when you first took action?
- How did you overcome any difficulties you encountered?
- What did you learn from the experience?
- What was best/worst about your experience?
- Were there any humorous moments?
- What advice would you want to pass onto others based on your own experiences?
- How can people get in touch if they want to know more?

TIPS FOR NEW WRITERS

- Try to keep it...
- Light – Generally the readers won't want to read something that's too heavy going.
- Personal - write your own experiences, thoughts and perceptions.
- Positive – affirming of women and inspiring to other women (no personal putdowns).
- To the point – remember we'll have limited space, so try to keep your thoughts on track. Articles of 500 - 1200 words are preferred.
- Share – insights and information you think might be useful for other women on similar paths.
- Non party political – steer clear of attacking or promoting any particular political party
- Topics – any topic of interest to non-metropolitan women

PHOTOS

To maintain a quality standard in the magazine we encourage you to use 35mm film or if using a digital camera make sure that it has a resolution of 300dpi for the size of the photo you want to print.

For further assistance, feel free to contact the RRR Coordinator Christine Thompson on rrr@dlgrd.wa.gov.au or Phone (08) 9861 2022

GUIDELINES

1. The magazine will be pro-women reflecting their achievements, successes, interests and personal and professional diversity. Articles will promote women in a non stereotypical manner. Words and phrases that are demeaning to women will not be accepted.
2. Articles written from a woman's personal perspective (experience) are preferred.
3. New (not published before) writers are given preference.
4. Length of articles should not exceed two pages (for feature articles). Three quarters of a page is ideal.
5. All stories must be the writer's own work or acknowledge permission of the original author to reprint. Where excerpts of another author's work are included, the source of these should be acknowledged.
6. Articles will be accepted on the premise that they may be edited at the discretion of the Coordinator and, where appropriate, RRR Women's reference Group. Where editing is required, all sensitivity will be exercised to retain the original intent of the story.
7. The interests of non-metropolitan WA women will receive priority consideration above all groups.
8. The magazine will endeavour to represent the diversity of women's opinions. There should be a spread of writers from across the State.

ORGANISE YOUR THOUGHTS.

The following questions may be useful to ask yourself and give you a few ideas:
 What is it you really want to say?
 What are your six main points that summarise the story you want to tell?

BOOK REVIEW

Business
As
Unusual
by Anita
Roddick



Review by
Amy Day

When Anita Roddick started The Body Shop in 1976 she was a young mother with no business experience. Now there are over 1700 stores serving over 84 million customers in 24 different languages. She didn't plan to be this successful. It happened because she instilled her principles, beliefs and values in her business, and people responded to that integrity and honesty.

Roddick turns the business world on its head in *Business as Unusual*. The Body Shop is a living example that it is possible for an international company to act in an ethically responsible and accountable way, without sacrificing good business sense or profit margin.

There are tales of tough times when Roddick started The Body Shop, and stories about the difficult times she has faced running a global enterprise. There is also proof that one person can make a difference, and united voices can change the world. Roddick has been actively involved in some ground breaking projects - from setting up a women's co-operative in North Brazil to campaigning against animal testing and sweat shops.

Roddick speaks from the heart about her experiences as a woman, in a tough global business. She also speaks honestly and frankly about business, politics, and the world we are creating. Be inspired by one of the world's most outspoken, controversial and successful businesswomen.

Business As Unusual retails for around \$19.95. Also by Anita Roddick – *Take It Personally*

I was about 12 or 13 when the Concord first came to Perth. It was quite an event for Perth for in the early 1980's and I especially remember it when it left flying over my school at a much faster speed than the Boeing jets of that era. It was so sleek and beautiful. That was it for me.... I had to fly one. I went home to Mum & Dad and announced that "I want to fly, I want to be a pilot." Mum just laughed saying "You'll change your mind next week."

Wind Beneath Rebecca's Wings

By Rebecca Burt (nee Vogels)



By the time I was in Year 10, my desire to fly was still very strong. Unfortunately to achieve my goal, I had to go to Kent Street Senior High School which was a two hour bus trip (3 buses) to and from the school as I lived in the hills at Roleystone and Kent St was near central Perth. It was not easy and I nearly gave up until I found a teacher who lived nearby and now the trip home from school only took 40 minutes. I graduated in 1988 with a Solo Pilot's Licence which allowed me to fly within the confines of an airport.....I was flying. But I still had a long way to go, after all, flying around an airport is not quite like flying the Concord.

For the next two years, I flew a bit, studied a lot, and kept working all the hours I could as a croupier at Burswood Casino. It was hard. My social life was non-existent and the financial drain was horrendous. I hadn't realised how much money could be gobbled up and the amount of intense study that I would have to do to achieve my goal. The flying was the easy bit. At the tender age of 21, I finally achieved what I thought as being the major impediment to my flying that Concord, a Commercial Pilots Licence. I also passed my Air Transport Pilots Licence(ATPL) subjects which allowed me to fly the Boeing 747's and Concord..... once I had more experience of course. I was King of the Castle.

How wrong I was. Sure, I had the education, but NO experience and to top it off, I was a female. In the 1980's, females didn't fly aeroplanes, especially not big ones and definitely not commercially. I thought it was tough before, now I had to go out and convince people to employ me. This lesson in reality was my first disappointment in my chosen career. My instructors suggested that I get an

Instructors rating which would allow me to teach others to fly. More money was needed but I was promised a job at the end of the training. My second disappointment was that when I had obtained my Instructors Rating the promised job had disappeared. This was a turning point in my career.

At the age of 23, it was hard seeing my school friends with good jobs, steady incomes, some married, some with mortgages, new cars and all had a reasonable social life.

I felt very low and it seemed to me that I had spent a great deal of time and money on just getting a green piece of paper which allowed me to fly. No one had even hinted to me how hard it would be to get a decent job flying.

I had actually made the decision to give up my flying career, get a "real" job and get a life when a friend offered me a job helping with the shearing for four weeks on his station. What was a station??!

Three months later I was still there, and so was the desire to get back into flying. My motor bike regularly kept breaking down and I would be picked up in the aircraft operated by the aerial mustering pilot. I think the crew thought that I was sabotaging my bike just to get back into a plane. Maybe it was fate but I fell in love with the bush, the animals and low level flying. It was now time to leave but before leaving fate stepped in again when another friend rang me and asked if I wanted a job flying on his cousin's station.



Rebecca Burt (nee Vogels)

This is how I came to Carnarvon and where I first met my husband to be. Paull managed a station for his family and needed a pilot for another property owned by the family. He found it difficult to find a pilot willing to do low level work, so his cousin asked if he minded if a female did the job. I didn't have a licence to "Aerial Muster" sheep or cattle so Paull had to teach me, under the overall tuition of his mentor, Mr Dick Scott. I obtained my Aerial Mustering Endorsement to my licence, was acknowledged as the youngest female commercial aerial mustering pilot and I fell in love with Paull.

Life, however, soon changed for both of us. Paull was dealing with a family dispute and ended up resigning from his management position. We had a little time apart when Paull went around Australia and I went to America. When we came back to WA, we then traveled to Broome where I started a job flying tourists around the Kimberleys and Paull was selling aircraft parts. But Paull's heart was really always back at the family property.

After two years, we left Broome hoping to return to Paull's family property but to no avail. So we accepted a job on a station out of Kalgoorlie, Paull managed the property whilst I got a job, first at the ill-fated Ora Banda Hotel as a Breakfast Cook and then at Cawse Nickel mine as a Process Technician. We spent nearly two years at Kalgoorlie and I didn't do a lot of flying except for a wonderful flight across to Ingham in Queensland where we delivered the station's aircraft to new owners.

After we left Kalgoorlie, happier times were ahead as we married in September of 1999 and then I gave birth to our son Francis on 13th August 2000. We rented a house in Perth and Paull and I both worked at Jandakot airport until Francis came along and I stayed at home. Neither of us liked living in the city and we both hoped one day to return to the bush. Finally, Paull returned to the family property on 11th September 2001, a date we will not readily forget and Francis and I followed soon after.

We have now been back on the station for around 10 months. Francis is 22 months old, a real handful but ever so gorgeous and Paull is in his element. I have a part-time job with the local aircraft charter operator flying great aircraft.

On average, I fly once a week and although I was a bit "rusty" at first, I really enjoy being a pilot again. Life here is so busy but I love all of it - my family, the bush and my flying.

People keep telling me that where we live is not the bush as we live only 16kms from town. Near enough I say, I enjoy having the best of both worlds.

Looking back there was a saying I learnt when I was a 16 year old volunteering on the sailing ship Leeuwin: "The more you put into life, the more you will get out of it."

And funnily enough, there was also an inscription on a light shade in the house that Paull rented in Perth that read: "Don't give up"

I hope that in whatever field that you strive to achieve that it inspires you not to give up.



Keeping Children Safe on Farms



Children are at risk of injury on farms as they are extremely curious but lack adult judgment. They are often able to get past protective barriers and guards that have been designed to stop the larger adult. One child dies on a farm somewhere in Australia every 13 days.

There are a number of things that can be done to prevent injuries to children on farms including;

- For small children have an effective fence around the house and yard;
- Inform visitors of the importance of farm safety and let the children know of the farm rules;
- Warn children of the vehicles on the farm;
- Fence off septic tanks, sheep dips, seepage pits, ponds, dams, pools and creeks particularly if close to the house;
- Ensure gates, doors and locking systems keep young children out of workshops and hazardous storage areas;
- Keep workshops free from child hazards relating to electricity, fire, poisoning, slips, trips, falls and other dangers;
- Remove keys from all farm machinery and lock those with cabs;
- Keep all farm chemicals locked away out of children's reach;
- Prevent access by children to chemical wading and 'wash down' areas;
- Remove children from areas to be sprayed;
- Keep storage bins, silos, augers, trucks and other farm machinery adequately guarded to prevent access by children;
- Don't allow children to play on stored grain or fertiliser;
- Electrical appliances and tools should be turned off, disengaged and kept inaccessible to children,
- Keep firearms, ammunition and explosives locked and out of children's reach;
- Store ladders away or have guarding to prevent climbing on roofs, silos, bins, tank stands and windmills etc;
- Instruct children on how to handle dogs and safeguard them from any dogs that may bite;
- Ensure small children do not have access to stockyards with confined stock;
- Educate children on animal handling, do not assume they know;
- Have safety rules for older children who may need to enter various areas on the farm;
- Have a first aid kit suitable for children and someone trained in using it;
- Have emergency numbers on hand.

For further information please phone Farmsafe WA on 9359 4118.

WOMEN AT WORK

Time for a 'Sea Change'

By Nicole Johnson

The family feeding the poddy calf ▶



● ESPERANCE

I am Executive Officer of Farmsafe WA, which is a community-based organisation that aims to inspire safe farming. The Farmsafe WA committee has a huge job ahead of it in trying to improve agriculture's tragic record of injuries and deaths in this state. While other industries have improved, agriculture's record remains static – in some areas it is deteriorating. A person dies on a farm somewhere in Australia every three days. There is a real apathy in many sectors of the industry to try and improve working conditions. I believe that women will eventually have the biggest impact on making the change happen. I love my job – it is great to be involved with something that I truly believe in and working in the rural sector is great – most people from the country are warm and relaxed.

Recently I moved from Perth to Esperance with my husband and three children. I had left the southern coast as a teenager and at 34 with the kids aged between 10 months and 5 years-old, I returned to my family network.

To think that only six years ago my geologist husband and I were living in a beautiful Chilean hacienda in the foothills of the Andes. My only demand was what gourmet delight I was going to cook for dinner each night and who we were going to share it with. Our house came with two maids and a gardener. We went to Buenos Aires for weekends. My husband joked that I had married and retired! After two years there we spent a year living in a beach bungalow at the base of table mountain in Cape Town – this house came with only one nanny and by that stage I had one child (life was still tolerable!) During all of this time overseas my husband worked long hours and spent a lot of time travelling away from home. If someone had told me then that soon we would be back living in the old farm house I grew up in near Esperance juggling work around raising three small children, I would have laughed!

But this year after returning back to Australia and living in East Fremantle for the past four years we stopped resisting the pull back to rural life, and decided to sell our gorgeous turn of the century weatherboard that we had only just finished renovating, and bite the bullet. It was now or never. Our oldest daughter was about to start school and we felt that our children needed to learn that life didn't only revolve around playgrounds and baby 'chinos (Miniature cappuccino-looking hot chocolates which come served with marshmallows, for those of you lucky enough NOT to be in the know!)



We felt that something had to give. We yearned for our children to experience some honest country life at a slower pace.

By this stage my husband was working in the male dominated world of corporate finance and I was back working part-time, using my skills as a journalist. We barely saw each other. Although I worked from home, we employed a part-time nanny to look after the children. Our baby was about to turn one. It seemed we never had time just to be a family. Within 30 days of deciding "we will never know, unless we give it a go" - our house was sold (it sold in three days - before the real-estate agent even got to put the sign up!)

Before we knew it, the kids and I were back in the now empty and neglected family farm house I had left 18 years prior. It was run-down and my husband was still finishing up work in Perth and commuting on weekends. Our city kids were horrified by the spiders and snakes - on the second week I killed my first tiger snake with a shovel. We were all in shock! However things have now settled down to the pace we envisaged all those months ago back in the rat race. We now have ponies for the children and I now the time to ride as well. During weekends we may go camping on one of the many beautiful remote beaches around Esperance; taking the kids to pony club; or just having a Sunday lunch with our extended family. My 85 year-old grandparents have since moved here from Albany and my brother moved back from Saudi Arabia. My mother and father and other brother also live here. It is so gorgeous to

watch the kids grow up surrounded by four generations in such a beautiful and relaxed environment - even the dog seems happier! We know already that this has been a move we won't regret. Next year we hope to build a house on a small farm 15km east of Esperance. My parents will be our neighbours.

My husband, the corporate man who lunched nearly every day somewhere in the city has taken time out to run the household. He helps out at the school, does the shopping and looks after the little kids. He still does part-time work in the resources sector and although his mobile still rings - it isn't with as much frequency. He has taken up fishing and diving and already he looks five years younger.

I have just taken on another part-time job as Publicity Officer for Sustainable Grazing Systems. Don't get me wrong, the adjustment has had its moments, but we now have a system in place that works. It is so easy to lose sight of what makes us happy. For us, watching the kids feed the poddy calf, or going off to check the calving heifers with their Pa, means so much. My son spends most of the day with his father doing secret boys stuff - they are inseparable.

We might not be earning as much, but our lifestyle has improved enormously.

We can't believe how lucky we are!



Julie get your gun the geese are in the garden!

By Lorraine McArthur
– Busselton formerly of Jerdacuttup

When the wool stock pile was the flavour of the month and everyone was tut tutting as to what on earth we were going to do, I decided that pure wool bath mats fully felted (shrunk) was the go. I embarked upon making them in all manner of designs and sizes. Wool being the wonder fibre that it is, looks fantastic on the floor and is so absorbent. It also has incredible drip dry qualities. Also they can be made from coarser micron wool than clothing. At our local craft day at Jerdacuttup I floated the idea and we began making bath mats.

This went on for some time until one of our members rushed in (sewing machine under arm)...and a flushed expression..."Well I've done it". "What we all chimed"? "I've shot the geese". We all burst out laughing as Julie had been threatening to do away with the geese as they had eaten all her roses on numerous occasions. Needless to say my geese were becoming a problem too. They had 2500 thousand acres in which to roam, but what did they do...preened themselves on my verandas and dropped their doo-ings there as well.

Now the bath mats took on a new meaning as the title inspired me to depict many versions of the story. I found geese in particular were a very popular theme and sales soared. People began ringing me with other stories..."Eva there are Buffalo in my dam", "Lorraine the cattle have just eaten all the tomatoes", "The goats are in the garden" and so on.

Julie get your gun the geese are in the garden!



BUSSELTON

I was giving a lecture on making wool bath mats at the Southern Hemisphere Felters Convention in Adelaide when a lady came up to me with a story for a mat. Two families were on their way back to Australia in their yacht and as they came through the islands to the north they bought a monkey. On arrival in Brisbane, they docked and went ashore for provisions. To their horror, when they returned they saw all their possessions floating down the river and the monkey high up on the mast enjoying itself immensely. The story goes he got shot too. I haven't been able to turn this into a mat yet.

Last year we had thousands of emus flocking along the rabbit proof fence. 'Man' had fixed up all the old holes for the centenary celebrations and the emus saw this as an excuse to have a 'sea change' and follow the fence to Starvation Bay. Unfortunately there were farms on the way with crops just coming into head. The Agriculture Protection Board granted a permit to build a trap along the fence, which the farmers did but some of the emus decided to walk around even this. So the last title I created was..."John get the gun the emus are in the canola".

We have now retired to Busselton and I found a wonderful home for my largest mat in our bathroom..."Sun Sand and Surf".



More Geese!



John get the gun the emus are in the canol



Retired at last "Sun Sand & Surf"

The Mammogram Poem

For years and years they told me,
Be careful of your breasts.
Don't ever squeeze or bruise them.
And give them monthly tests.

So I heeded all their warnings,
And protected them by law.
Guarded them very carefully,
And I always wore my bra.

After 30 years of astute care,
My gyno, Dr. Pruitt,
Said I should get a Mammogram.
"O.K.," I said, "let's do it."

"Stand up here real close" she said,
(She got my boob in line.)
"And tell me when it hurts," she said,
"Ah yes! Right there, that's fine."

She stepped upon a pedal,
I could not believe my eyes!
A plastic plate came slamming down,
My hooter's in a vice!

My skin was stretched and mangled,
From underneath my chin.
My poor boob was being squashed,
To Swedish Pancake thin.

Excruciating pain I felt,
Within it's vice-like grip.
A prisoner in this vicious thing,
My poor defenseless tit!

"Take a deep breath" she said to me,
Who does she think she's kidding?!?
My chest is mashed in her machine,
And woozy I am getting.

"There, that's good," I heard her say,
(The room was slowly swaying.)
"Now, let's have a go at the other one."
Have mercy, I was praying.

It squeezed me from both up and down,
It squeezed me from both sides.
I'll bet SHE'S never had this done,
To HER tender little hide.

Next time that they make me do this,
I will request a blindfold.
I have no wish to see again,
My knockers getting steamrolled.

If I had no problem when I came in,
I surely have one now.
If there had been a cyst in there,
It would have gone "ker-pow!"

This machine was created by a man,
Of this, I have no doubt.
I'd like to stick his balls in there,
And see how THEY come out.

Anonymous



My view

Clouds, looking east from Albany Highway, Williams.
Photographer Bronwyn Lyons Albany.

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